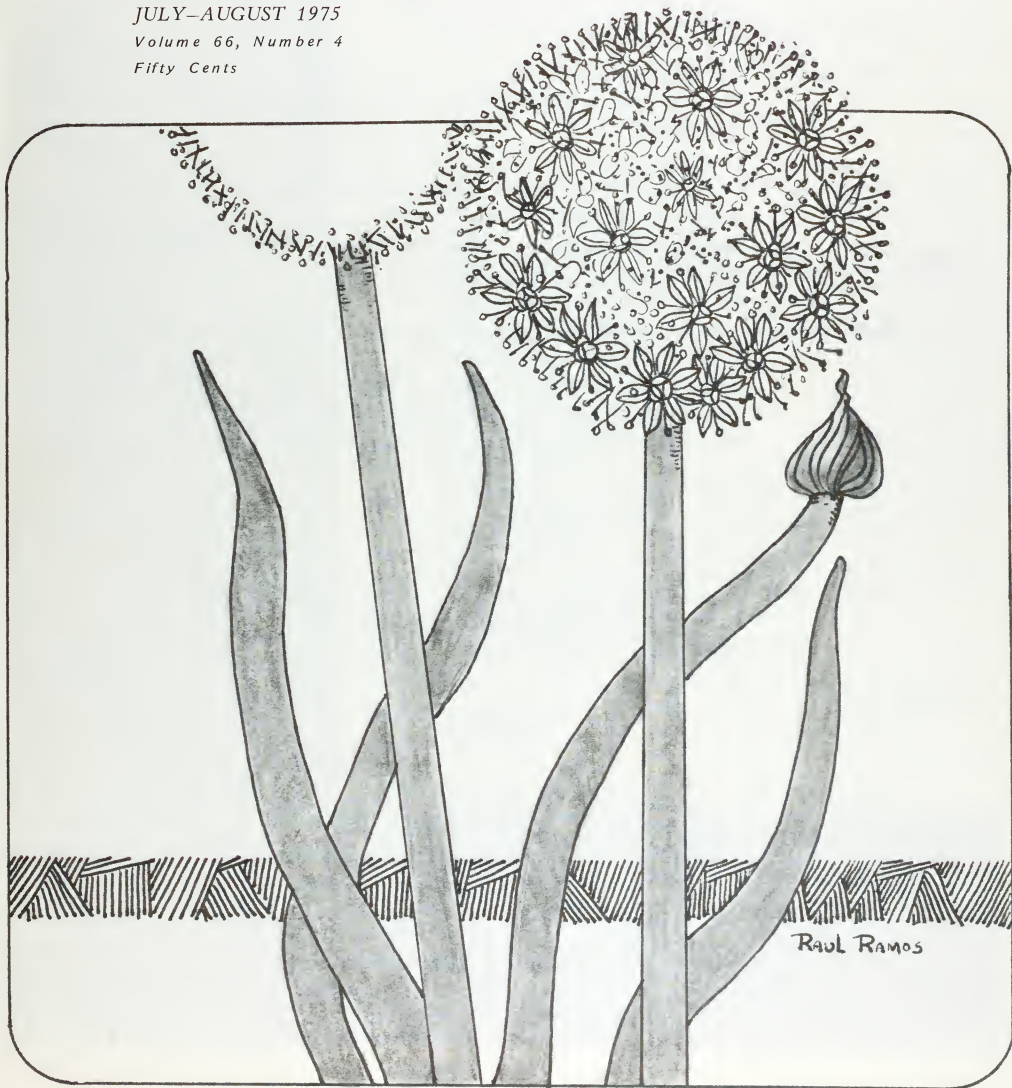


California **GARDEN**

JULY–AUGUST 1975

Volume 66, Number 4

Fifty Cents



EVENTS

- July 13, 1975: Convair Dahlia Show in Casa del Prado, Majorca Room;
1:00 p.m. to 5:30 p.m.; FREE.
- July 20, 1975: San Diego County Dahlia Society stages their Dahlia Specimen
Show; Majorca Room, Casa del Prado, 1:00 p.m. to 5:00 p.m.
FREE.
- August 2 & 3, 1975: San Diego Dahlia Show; Majorca Room, Casa del Prado;
Saturday 2:00 p.m. to 6:00 p.m.; Sunday 10:00 a.m. to 6:00
p.m.; FREE.
- August 12, 1975: A. D. Robinson Branch of the American Begonia Society will
present a "Birthday Mini-Show" commemorating its 33rd Anni-
versary; Casa del Prado, Room 104; 10:30 a.m. to 3:00 p.m.;
FREE.
- August 23 & 24, 1975: San Diego Bromeliad Display in the Majorca Room,
Casa del Prado; "Plants & Sea Life" is the theme of this
display given by the San Diego Bromeliad Society and the
San Diego Cactus & Succulent Society; Saturday 12:00 noon
to 5:00 p.m.; Sunday 11:00 a.m. to 5:00 p.m.; FREE.

MEETINGS

- July 10, 1975: Christmas Workshop; 10:00 a.m. Floral Association; a workshop
is planned for each Thursday during July and August from
10:00 a.m. to 3:00 p.m.

TOURS

- August 23, 1975: Los Angeles County Museum of Art to view the Scythian Gold
Artifact Collection; this collection will only be on display in two
cities in the United States and then goes on to Paris and Moscow;
leave Balboa Park at 8:00 a.m. and La Jolla Library 8:30 a.m.;
return to San Diego the same day; \$8.50.
- September 20, 1975: Newport Beach, Balboa Island boat trip; \$10.50.

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California GARDEN

Published Since 1909 by the SAN DIEGO FLORAL ASSOCIATION
Casa del Prado, Balboa Park, San Diego, California 92101

Monday through Friday
232-5762

VOLUME 66, NUMBER 4

Issue dedicated to J.O.

Many thanks to Eileen Vance for proof-reading.

ABOUT THE COVER

Both front and back covers for this issue have been created by Raul Esteban Ramos, a young Mexican born artist. Raul is a multi-media artist who studied at City College. His other artistic talents include ceramics and sculpture. Raul's most interesting hobby is collecting pre-Columbian and Chinese porcelain artifacts.

For our front cover, he has done his interpretation of the onion gone to seed; the back cover is a carnation.

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Timely Avocados

THERE WAS A time when sugar and spice made fruits available all year 'round. Our foreparents enjoyed fresh fruit during the harvest season, and preserved fruit throughout the rest of the year.

Times have changed. Due to technical advances and a greater variety of plant types, many fruits can now be harvested and enjoyed from January through December. Much to the consumer's delight, avocados are one such fruit.

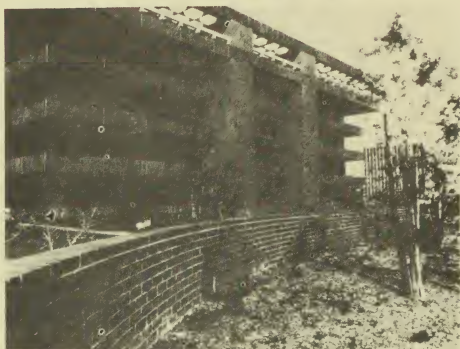
California avocados are available all year long. That's because there are two types of avocados harvested, one during the winter months and one during the summer months. The green skinned avocado is shipped to your market from October through May. This winter fruit has a smooth shell and is more pear-shaped upon sight. It retains the same green color as it softens and is ready for eating.

The other type of avocado has a pebbly or textured shell and a more rounded shape. It is available now through October. When picked from the tree, it is a pretty green color. As it softens, this variety does what comes natural. The shell turns a deep green-black and gives to gentle pressure when cupped in the hand. This summer fruit is one of your best fruit buys this year due to an abundant crop.

Now that you know their differences on the outside, here is a tip for remembering it. Think of summer and suntan. By association, just remember that the summer avocado turns a darker color as it softens.

Other than differences in skin, all California avocados are the same. The same golden green subtle coloring, nutlike flavor and smooth texture will be found in the interior. That's proof positive that beauty really is more than skin deep. They are often called the taste twins and for a very good reason.

Enjoy this year round fruit in year round favority foods. Combine them with other fruits such as peaches and pears. Citrus combinations are always good and avocados make them that much better. Spoon both hot and cold entrees over avocado half shells. Improve your favorite sandwich with a couple of avocado slices. And never forget those lush tossed salads. □



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Weeping Myall

by GEORGE BREMNER

ONE OF THE many advantages of living in southern California is the presence of beautiful flora from many parts of the world, not the least of which are the many members of the *Acacia* family. Acacias are natives of tropical through warm regions around the world, but *Acacia pendula*, like many others we use here, has come to us from Australia. Evergreen, which also means evershedding, *Acacia pendula* has three to four inch leaves varying from light green through a rather blue-gray effect, "drip" from long weeping branches which divide and re-divide to very thin strands. There are fuzzy yellow ball flowers in spring or early summer which are entirely unnecessary to make this a very desirable tree, but do give it a beautiful seasonal variance. Though a bit slower growing than most other acacias, it will reach a height of 20-30 feet and will have a spread of half its height.

The young plant really gives no indication of its mature beauty. I have never seen one in a nursery that really looked very inviting at that

particular moment. Mr. Hunter, who planted the tree pictured here located in Point Loma said that he had never seen one in a retail nursery in less than the five gallon size, and that they are carried on up to near specimen size. They do become rootbound in containers but seem to take off again upon being put in the ground. The natural tendency is to develop leaders and grow to a type of multiple trunk.

Most acacias have a comparatively short life span of 30-40 years, but when one develops to such beauty so rapidly, the pleasure of having it is worth the trouble after its demise, even though your grandchildren may have to remove the body. However, *Acacia pendula* seems to have a longer life than average. There is a tendency to die-back but pruning and doing some lacing at the same time only enhances the beauty of the tree. The tree is somewhat adaptable so long as drainage is good. The one on Canon is at the edge of a well cared for lawn and doing fine, even though most acacias resent wet feet. □



Public Vegetable Gardens

by ROSALIE GARCIA

CALLING THEM 'public gardens' does not mean that they belong to everyone—it means that they are not privately owned either, even though some of them are on land that belongs to tax payers. These are gardens in which vegetables are grown, are sold to the public, given to charity, or divided among the individuals who participate in the growing and maintenance. The workers donate their services. In some cases, workers are rewarded with wages, but always receive produce from the gardens.

These gardens come in all sizes from large seven or eight acre plots to some as small as the 4 X 6 foot plot at Gretel's Cottage, a nursery school at 39th and Oceanview Boulevard here in San Diego. These pre-school children have planted carrots, beets, lettuce and collards, with room for two squash vines. Surrounded by a removable fence, the garden sits proudly in the corner of their sand playground lot. It is the one space in which there are growing plants. They keep it weeded and watered so that the plants flourish and it is very likely the first experience in growing for these children.

Not far away is an extensive planting of vegetables on city-owned land on Market Street just across from the entrance to Mt. Hope Cemetery. The controversy that swirls about this project is not a part of this article, but it appears to be a jurisdictional dispute over who is to manage the garden. At the time of this writing (late May) it is impossible to say what the future of the garden will be. It was started as a Federally funded Organic Gardening Project for the benefit of minorities in 1971. About seven acres were planted in vegetables with the funds supplying tools, seeds and fertilizers. The project went along well until funds ran out. At present, not more than one acre is planted. It is maintained in five plots cultivated and managed by five men and

women who have staked out plots and agreed to respect each others boundaries. These plots are mostly well cultivated and a wide variety of seasonal vegetables flourish. Around the borders of the plots are planted some young trees and chrysanthemums and scattered around are some other flowers. One plot has its rows laid out in pleasing contours.

There is a sweet potato bed that will furnish slips to be planted. Celery, onions, peas and broccoli are ready for harvest. Beans, peppers tomatoes, egg plant, squash and artichokes are soon to come. There are potatoes and corn in several stages from two feet to just coming up. Beets and leeks will be maturing for sometime. Many kinds of cabbages, both red and green, are mature and ready for harvest.

The basic soil is the usual San Diego combination of adobe, sand and decomposed granite, with an inclination toward the heavy side, requiring frequent cultivation or caking will result.

One of the plot growers, a 76-year-old retired Texas farmer says "You can't grow anything in concrete" showing me a neglected plot planted in onions which had stopped growing for lack of water and cultivation. He kicked the soil and it certainly gave the ring of concrete! (There are several acres of cabbages, onions and other vegetables grown up in weeds just left when workers quit when they no longer received wages.) The man told me they use plenty of humus, but he did not deny the use of chemical fertilizers, saying he "gave the land what it needs". The land is free and all one has to do is cultivate it. He loves to feel the dirt in his hands and the vibration of growth all around him and says "the land ought to be boss", indicating that he feels most of the troubles there can be attributed to too many bosses. More and more the experience in public gardens is revealing that they flourish best when



Above: Public garden at Market Street across from Mt. Hope Cemetery.

Below: Nursery school garden at 39th and Ocean View.



individual plots are allotted, leased or rented, and the responsibility and profits come to one person.

Europe has had a plan for many years in which public lands are rented in small plots to individuals. Barbara Jones, an Associate Editor of CALIFORNIA GARDEN, observed the German plan, one of the oldest and most successful, and found these plots were rented, fenced and locked. The city people not only used them for growing food, but made them their recreation as well. They built small tool houses or just tents in a corner of the plot and came out from the city and spent the weekends camping and enjoying the out-of-doors and enjoying their plots.

Students at the University of California at Santa Clara in the 60's, started gardens as a sort of communal affair in the enthusiasm of their "back to nature movement" which has now evolved into truck farming and a farmer's market supplying the entire community. The gardens are now individual plots, purely commercial, but still somewhat experimental in new produce.

There seems to be something in human nature which makes people produce most responsibly and at their best if they are doing for themselves. It seems to be basic—what's in it for me?

Another interesting public garden is the one managed and inspired by Mr. Paul Canaday, whom many of us know as an Organic Gardening enthusiast and specialist. He teaches a class at the El Cajon Adult Education School and has a garden on Monument Hill at Chase Avenue in El Cajon. This class consists of about thirty people at the beginning of a semester, with a predominance of women in attendance. The land, about seven acres, and a well from which water is pumped, are donated by Mrs. Law and Mrs. Peterson, fellow instructors at the school. The soil is decomposed granite and adobe and in the two years the garden has been growing only the low part below Chase is being cultivated.

Since Mr. Canaday is a strict organic gardener, he has piles of straw, manure and his own weeds and discarded plants in stages of composting. He also highly recommends a locally manufactured "Black Gold", a composted combination of chicken manure, sea weed and straw, reduced to the consistency of black sand by the Woodward Sand and Gravel Company of Lakeside. With some exag-

geration he says putting some of this "sand" in the trough of a row and planting seeds will make them grow so fast and big that one has to jump out of the way to keep from getting knocked down.

This garden began as a communal set-up as he instructed three days a week in the basic gardening principles. Already some of it is set aside for individuals and probably more of it will evolve into such an arrangement. Since the membership of the class will change each semester, there will always have to be the educational part set aside.

By summer, the class hopes to have a roadside stand to sell their surplus. A sign is already up. Since there is no funding by the school system, the students, Mr. Canaday, and a few interested patrons have furnished seeds, equipment and rentals with the hope that the stand will produce some money for the operation.

In time this plot will have fruit as well as vegetables. Already there is a grape arbor, young stone fruit trees, and hopes of developing the hillside for other fruits.

Mr. Canaday and his "permanent" students expect to keep this garden going all the year and have great hopes of making it a show place. It needs fencing which they do not currently have. Possibilities of beauty are in the flowers dotted around, the wide paths and a hedge of Jerusalem artichokes (which the markets call Sun Chokes).

A plastic draped potting shed doubles as a cold frame for starting plants and makes these gardeners self-sufficient with seeds. Also by using common wire coat hangers, Mr. Canaday stretches strips of plastic over the wire and covers young plants for protection on cold nights. So far, only the common vegetables are planted in the garden—onions, garlic, beans, potatoes, beets, turnips, chard, tomatoes, squash and strawberries. As they become more experienced, they expect to add some of the more exotic plants.

Our area has few of the farmer's market type of places where one can buy fresh local produce at reasonable prices. We hope this public gardening idea will catch on—there is plenty of land available. □

Food, Foliage and Flowers

text and photos by BILL GUNTHER

DELICIOUS PIE for your dessert. Beautiful foliage to adorn your garden and to use in floral arrangements. Beautiful blossoms too. Rhubarb offers you all those rewards in return for your almost effortless job of planting and growing it. What other plant is worthwhile in so many different ways?

Folks who never have tried growing rhubarb in southern California think that it needs a more northerly climate, with cold winters. But folks who actually are growing it here know better. They know that rhubarb actually performs better in southern California than it does back in Minnesota. Here, it is an evergreen plant, a beautiful decorative focal point for the home garden all year long. Up north, by contrast, its foliage freezes into an unsightly mess of dead leaves for six months of every year.

Last year, as a result of the big boom in home gardening, the information expressed in the prior paragraph was for the first time well publicized locally. In response, local nurseries were deluged with requests for rhubarb plants. So the local nurseries asked their wholesale suppliers to provide pony six-packs of rhubarb. As a direct result, right now, the chances are good that your favorite nursery has little rhubarb plants in stock. If you yourself do not yet have rhubarb growing in your garden, then go get one of those pony packs. Quite likely, all benefits considered, those little rhubarb plants would be the "best buy" in the nursery.

When you get home with your bargain, plan before you act. Don't think about your new little plants as being "vegetables". Don't plant them in a row way out back alongside the asparagus and the compost heap. Rather, plant them up front. Scatter them amidst the decorative plants of your perennial border and let them "steal the show" from all the other plants in your perennial border. Your friends who see it, and admire it, and ask what it is, will react in shocked disbelief when you respond by telling them that "it is nothing but rhubarb".

When you convince them that you are telling them the truth, they will admire it all the more. And they will compliment you on your originality and on your perspective. And then they will go out and buy some rhubarb plants for their own front garden, because they never appreciated the beauty of rhubarb until they saw it in your front garden.



The bloomstalks of the rhubarb plant grow up to 3 feet tall. Each stalk branches into a shape of its own, and on each branch are simultaneously myriads of cream colored blossoms and seeds in harmonizing brown. These stalks grace the garden, and they are dramatic in arrangements.

Those who make artistic floral arrangements know that the foliage of rhubarb is every bit as dramatic as is the rhubarb bloomstalk. Photo below amply depicts the fact that the leaves are beautifully ruffled, and that the ruffling is accentuated by the contrastingly dark green leaf tops and the light green undersides. But no black & white photo can depict the entity which is achieved by combining rhubarb with blossoms which repeat the color of the rhubarb stalks. In this case it was done with spuria irises.



Organic Gardening

by PAUL CANADAY

SINCE THE WORLD began there have been "bugs"—worms, mites, flies, beetles, and many others. Much of this insect population is harmless, many are actually helpful by improving soil aeration by burrowing and helping to decompose organic materials. Other helpers include the predators like the dragonflies, damselflies, ladybugs, mantids, wasps, tiger beetles and others.

From a gardener's point of view, therefore, only a very few kinds of insects should be called pests, but keep in mind that pests don't harm healthy plants very much. Good healthy plants grown in humus-rich, properly fertilized soil, may be preyed upon occasionally, but they can take it.

Remember too, some vegetables aren't bothered much anyway; carrots, beets, endive, parsley, peppers, rhubarb—these plants have a built-in resistance to insects. Its the healthy soil that determines the quality of the vegetable, not the fact that the above named plants are relatively pest free. Still it is nice for the novice gardener or for anyone in the process of building up his soil to know about carrots and other more naturally resistant vegetables.

The following guide should be helpful:

ANTS—to repel them use spearmint or pennyroyal. Place on shelves to prevent ants from coming into the house. Tansy placed around the house also repels ants.

APHIDS—Nasturtiums planted near broccoli keep aphids away.

ASPARAGUS—is helped by tomatoes, also tomatoes are helped by asparagus. It is also helped by parsley. All three together help each other.

BEANS—do best with carrots and cauliflower interplanted. Beans and beets do well together, but beans will not do well if planted by onions, garlic, shallots. Beans and potatoes planted in alternating rows help each other. The potatoes repel the Mexican bean beetles; the beans help

keep down the Colorado potato beetle.

Bush beans and green beans help celery if planted one bean plant to every six celery plants.

Bush beans and cucumbers are helped if the beans are planted in a border around the cucumbers.

Dwarf beans grow better with cabbage than alone. Bush beans and strawberries do well together.

Pole beans like other beans are suppressed by onions.

BEETS—like to grow near dwarf beans, onions, or kohlrabi. They do not like to be near pole beans.

BROCCOLI—follows the same rules of the cabbage family.

CABBAGE—should not be planted in the same place two years in a row, because of clubroot disease. Late cabbage and early potatoes do well together.

Cabbage dislikes strawberries. The biggest pest of cabbage is the white cabbage butterfly which can be repelled by growing near tomatoes, sage, rosemary or mint.

CARROTS—grow well with leaf lettuce and chives. Carrots have a beneficial effect on the growth of peas. Carrot fly is a troublesome pest. Leek and onion and strong smelling herbs help to repel the carrot fly. Plant carrots and leek together, two parts leek to three parts carrots. The carrots will be ready for harvest before the leek are matured. The leek will repel the fly.

CAULIFLOWER—will grow better if there is some celery nearby. The white cabbage butterfly is kept away by the celery.

CELERY—benefited by leek growing nearby. Both celery and leek grow well in a trench. Tomatoes are also good neighbors to celery.

BUSH BEANS—also help celery, one bean to six celery. When cabbage grows in the vicinity of this

plant, it is less affected by micro-organisms.

CHIVES—so common they often are taken for granted in most gardens. They never are attacked by insects or disease. Orchardists have found that chives planted in an apple orchard have helped the trees to better health and they help to prevent apple scab. Some make a chive tea to spray on the trees. Also good against downy and powdery mildew on cucumbers. Chives planted near carrots are very helpful. The carrots will grow large and perfect.

CORN—sweet corn does well with early potatoes. It is aided by beans and peas, which help the soil by putting back the nitrogen that the corn uses up. The beans benefit by the shade given by the corn plants. Other plants that appreciate the shade of the corn are melons, squash, pumpkins, and cucumbers. The presence of a border of cucumbers is in turn beneficial to the corn.

CUCUMBER—appreciate some shade. They grow well in a field of corn in alternate rows. They do well in alternate rows with early potatoes and early cabbage. A few radish seeds sown in the hill repel cucumber beetles. A border of beans help the cucumber and the latter help the beans. Cucumbers do well with sunflowers.

EGGPLANT—to protect eggplant from Colorado potato beetle, plant it among green beans. The potato beetles prefer eggplant even to potatoes, but the green beans repel the potato beetles in the eggplant rows as much as in the potato patch.

GARLIC—promotes the growth of vetch. Garlic and roses have a mutually beneficial effect. Garlic, onion and shallots inhibit the growth of peas and beans. European peasants put pieces of garlic into their grain bins for protection against weevils. Try a “tea” made from garlic, onion or chives on potatoes and tomatoes. Also good defense against brown rot of stone fruit. Be sure to use the tea shortly after its preparation.

LEEK—(also onions) and celery do well together. Sow them in alternate rows. Both are potassium lovers and both do well on goat and pig manure. The leek is aided by carrots and in turn the leek helps repel the carrot fly from the carrots.

LETTUCE—because lettuce is such a favorite fast growing vegetable, it has been observed for many years. Lettuce likes strawberries, is aided by the presence of carrots, and makes radishes

tender in summer. Lettuce in summer appreciates partial shade. Early lettuce in very good soil aids onions. So lettuce, carrots, and radishes do well growing together.

PARSLEY—it aids nearby roses and is good for tomatoes. Parsley blooming in the garden is especially attractive to honey bees.

PEAS—it is not good practice to plant peas two years in the same place.

STRAWBERRIES—a mulch of pine needles will increase the vigor, flavor, and stem strength. A good mulch to try would be pine needles and straw. It is said that pine needles as a mulch makes the strawberries taste like wild strawberries.

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Radish, Turnip and a Dash of Mustard

by HELEN WITHAM

ALL OF THESE food plants are in the mustard family, which has given us cauliflower, cabbage, broccoli, brussels sprouts, horseradish and watercress, as well as such garden flowers as alyssum, stock, wallflower and candytuft. Both the radish and the turnip appear on a list of plants known to have been cultivated for more than 3000 years. As with many other plants long in cultivation, their place of origin is not definitely known. Perhaps southern Europe and Asia? That covers a lot of territory, but no single place of nativity can be established. They were mentioned frequently in ancient writings from such far-flung places as China, Greece and Egypt.

The radish was highly esteemed by ancient Greeks, so highly so, that in making offerings to Apollo, the radish was presented in beaten gold, while beets were in silver, and turnips rated only lead. In the sixteenth century someone wrote a whole book on radishes, and another writer claimed to have seen radishes weighing up to 100 pounds. So far as we know, the radish as a garden vegetable reached England in 1548. The Madras Radish of India is grown for its soft, tender pods which are used raw or pickled; another kind, the Rat-Tailed Radish, is also grown for its long pods. These pods, which may be up to a foot in length, are pickled or eaten fresh. Very large radishes are much used in China and Japan mostly as cooked or pickled vegetables.

Here in southern California, we use mostly small kinds, no "hundred-pounders". Popular salad or finger food radishes are globular, turnip-shaped, oblong, or tapered (icicles). There are red, pink, white, purple and black radishes, and some are pink or red with a white base. In catalog language, they are described as crisp, icy, mild, sweet, juicy, snappy, delicate, firm or tender or various combinations of adjectives. All these "good guy" attributes depend on their

culture. Anyone who has ever grown radishes for eating knows how quickly they can become plain "hot" if their growth is slowed by lack of water or favorable weather.

The turnip's edible part, like that of the radish is the enlarged lower part of the stem and the upper part of the root. This shows up most clearly in the yellow turnip and the rutabaga—the upper part or neck which is leafy, and the lower part which is rooty. The foliage of rutabaga is somewhat like cabbage—bluish and smooth, while the turnip foliage is grass green and hairy.

White turnips grown quickly in cool weather, are sweet and crisp, delicious when eaten raw. Rutabagas, which are much stronger in flavor, usually are cooked before eaten. They are more popular in Europe than here in America. The leaves of turnips, cooked with salt pork, flavor the "pot likker" of a popular southern dish. Then there are the "presarved turnips" made famous by Li'l Abner, but I haven't been able to get in touch with Mammy Yocum to get directions for preparing those.

You may have been wondering about mustard this year. There hasn't been such a mustard season in a long, long time, and it is all due to the amount and timing of the rainfall this winter and spring. Depending somewhat upon your occupation, mustard is a pernicious weed, a pretty wildflower, or a condiment for your hot dogs—it is also a color. There is white mustard and there is black mustard, but neither of them has white or black or mustard-colored flowers. Their flowers are a clear light yellow.

The "white" and the "black" refer to the color of the seed. White mustard seed (actually cream or yellowish) is what you buy in a little box for use in pickle and relish making. Black mustard seed (dark reddish brown) is the source of most ground or powdered mustard used in southern

Europe. Our American mustard is usually prepared from a mixture of both white and black seed. Before it goes on a picnic, the mustard colored powder is mixed with vinegar or wine and spices, then made into a sauce or paste with starch or flour to tone down the sharpness.

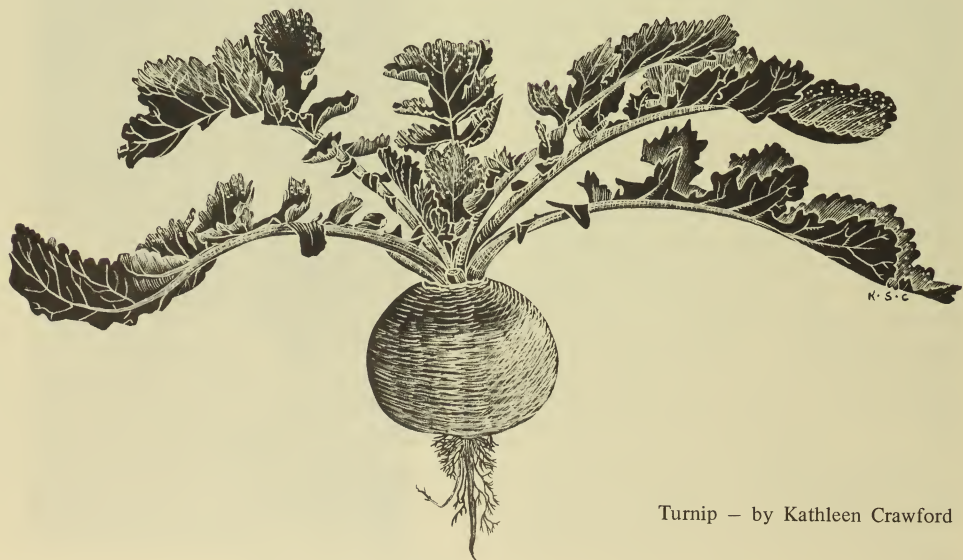
Now back to the wildflowers. The most common mustards in our area are Black Mustard or *Brassica nigra* and Perennial Mustard or *Brassica geniculata*. The showiest one is the Black Mustard, an annual plant growing four to eight or even ten or twelve feet tall, each slender branch ending in a rounded cluster of sweetly fragrant yellow flowers. It is most commonly seen near the coast.

Perennial Mustard is seen in profusion this year, from coastal areas to mountain valleys, in pastures, farms, orchards, and on roadsides and in riverbeds. In pastures, it is very conspicuous because livestock won't eat it. Its flowers are smaller than those of Black Mustard, and viewed from a distance, the effect of the whole plant with its curving light green branchlets topped with little flowers, is greenish yellow.

Both these mustards and Wild Radish too,

are of European origin. Wild Radish or *Raphanus sativus*, is the garden radish gone wild—or, is the wild radish from which garden types were developed. Its flowers are pink, white, lavender or cream yellow, often with dark veining, and of course the distinctive four petals of the mustard family. In this wild form, the root is tough and hard and hot—not a real “radish”. However, its young leaves are delicious cooked as greens. Dice a few strips of bacon, fry them crisp, then add the cut up leaves. They cook tender in a very few minutes.

Tender raw leaves may be added to salads too, but I don't recommend this as they are quite “hairy” in appearance and one begins to wonder whether there are caterpillars crawling in the salad! However, the uncooked buds and flowers are very good eating—nippy like watercress. Dropping a few flower clusters into a salad or adding them to a sandwich will bring forth interesting comments such as “What's this pink stuff in the salad?” or “Do I have to eat these flowers?” This is free food most people would be happy to have you pick and take away. □



Turnip — by Kathleen Crawford

Behold The Dahlia

by ABE JANZEN

ON AUGUST 2nd and 3rd, the San Diego County Dahlia Society will be hosting its 35th Annual Dahlia Exhibit. This year the show should be something special because it will be the Pacific Southwest Dahlia Conference Show. In addition to exhibits from the host society there should be entries from eight member societies.

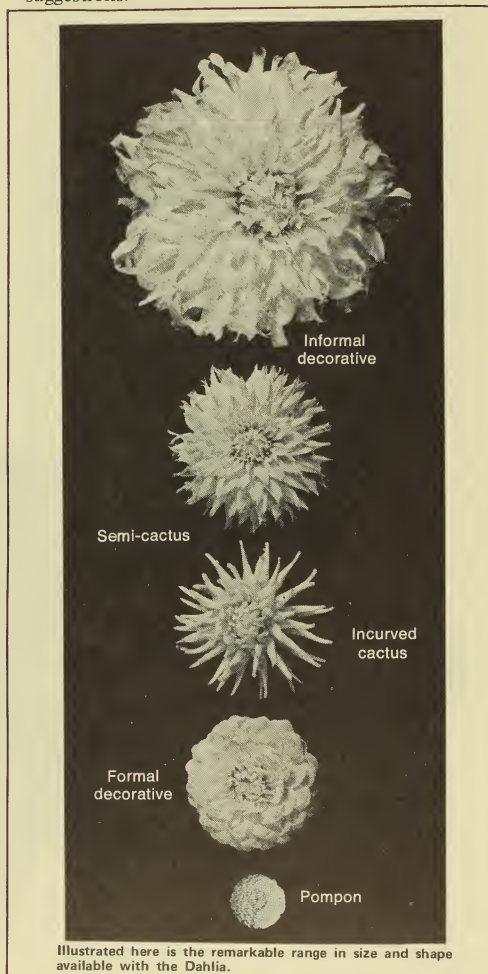
As visitors stroll among the beautiful blooms they may feel a strong desire to try their hand at growing the Dahlia, and many questions will be asked of the hosts at the show. Unfortunately, many leave with the feeling that it is a difficult and complicated feat to grow the Dahlia. True, growing Dahlias requires some basic knowledge of gardening, and the soil needs some basic preparation, but many people could start with a few dozen plants.

Basically, growing Dahlias requires some soil preparation during the first few months of the year. Planting starts as the soil begins to warm up to about 55 degrees—usually from the latter part of April to the middle of May. First a stake should be driven into the ground at about thirty inch intervals, then a hole is dug six inches deep next to the stake and bone meal and/or blood meal is mixed into the soil. The tuber is placed flat in the hole with the sprout up and about two inches from the stake. Then cover the tuber with about two inches of soil. As the sprout grows the hole is filled to ground level. Topping the plant is required after three to five sets of leaves have developed. This will cause the plant to bush out and sprout lateral branches. As buds appear at the end of each lateral, the side buds are pinched off and the center one left to develop into a single bloom.

Watering, fertilizing, and insect spraying should follow as required in any good gardening practice.

If after viewing this year's beautiful and spectacular show you have the urge to try to

grow Dahlias, any member of the Dahlia Society would be happy to answer questions and make suggestions. □



Sogetsu Demonstration

Edited by Barbara Jones.

Photographs courtesy of Daily Times-Advocate, Escondido.

by GRACE BROPHY

MISS FUMI OKA, an eminent professor of the Sogetsu School of Japanese Flower Arranging, demonstrated the art on January 22, 1975, at the Copley Auditorium, Fine Arts Gallery, San Diego. Fumi Oka has demonstrated in Cairo, New York, Luxemburg, Hong Kong, and Hawaii. She is a member of the Standing Committee (Board of Directors) of the Sogetsu School. Her visit was jointly sponsored by the San Diego Chapter of Ikebana International and the Asian Arts Committee of the Fine Arts Gallery.

In his welcoming address, Mr. Gardiner (Museum Director) said: "Since art expression is an extra linguistic communication common to all mankind, and all plant life universally available material, the work of the Sogetsu School of Ikebana becomes of unique importance as an interwoven, intercultural art expression. Our curator of Asian Arts, Mr. Lennox Tierney, graduated from the Sogetsu School under Sofu Teshigahara, and therefore, his work and association with the Sogetsu School now covers a period of over a quarter of a century. During this time he has seen its influence spread far beyond the shores of Japan itself, affecting both art expression and art criticism in North and South America and in Europe. Graduates of the school now encircle the globe. Ikebana has been much misunderstood in the west as a decorative hobby. In his opinion the Sogetsu School is the most forceful school of sculpture in post-Momoyama period, Japan."

Miss Yone J. Sugiyama, the Director of Sogetsu U.S.A., interpreted. Miss Oka began her demonstration by saying: "As you all are aware, Ikebana began some 1,000 years ago, and in the beginning it was used as an offering at the altars. Today it is used as a decorative form of art, and it is at this stage that we study it as an art form."

"Even the lowliest weed has its own natural

beauty given to it from God. But unless we have the knowledge and technique of how to utilize the best part of that plant material, it is very difficult to make a lovely arrangement. The love of flowers is an enjoyment to both the arranger and the viewer, but just the love of flowers is not enough to make a lovely arrangement. So I believe that unless you study the techniques of placement it would be very difficult to make a proper arrangement. Therefore, I wish to show you basic designs, variations of design, and then free style to show how one can learn to enjoy flower design." She was assisted in making the fourteen designs by Mr. H. Nakabayashi, Mr. T. Oki, and Mr. Y. Toyama, high ranking teachers in the school and personal assistants to Mr. Sofu Teshigahara, headmaster of the Sogetsu School.

As explanation of the basic designs she stated: "All plant life is placed into two categories for arranging—the vertical (or upright) and the horizontal (or slanting) and so the outline of each design falls into one of these. There are two styles—the moribana style where the shallow container and a pinholder to hold the flowers are utilized and the nageire which is the tall vase where no pinholder is used. In a basic design the three points of the outline form a triangle. The highest point is called shin (heaven); the second point is called soe (man); and the third and lowest point is called hikae (earth). After you make your skeletal outline of the three main lines, the arrangement is completed by the placement of supplements or 'jushi'. Supplements or accents play a very important part in the completion of a design. They help to cover the pinholder, but they must not make the design look stuffed."

While doing another arrangement using weeping willow branches she explained that "Unnecessary branches are eliminated by cutting, bending and placing . . . If the stem is naturally



Large sculpture arrangement created by Miss Oka which graced the Rotunda of the Fine Arts Gallery.

bent, then utilize that bend.”

“Ikebana differs from other art forms in that it must suit the environment and must be created with the environment foremost in mind. An artist creates a sculpture or painting from what he feels, and hopes that someone will purchase it. The purchaser hopes it will fit into some portion of his home. But a flower arrangement is created to suit the environment where it is to be placed.”

She explained the philosophy of the school: “In the Sogetsu School, there are three stages of study. In the first or beginning stage one studies only with fresh plant materials; in the second phase the student is introduced to things other than plant life (for example, rocks, dry materials, or driftwood); in the third phase of study, students go into sculpturing with plant materials or even doing designs without plant life. Still this is part of the study of Ikebana. It is a cycle of study from fresh materials to non-fresh objects and then going back again and incorporating all of the arts into a design. So, the study of Ikebana is endless and continues for life. There are no ten easy lessons! One of the most important factors in study is awareness.”

“When Mr. Teshigahara created the name Sogetsu Ryu, he had several thoughts in mind. ‘So’ means grass and ‘getsu’ means moon. ‘Ryu’ normally means school, but in the Japanese character it can also be read to mean ‘to flow’ and this is a very important fact in Ikebana—that the water must be clean, must always flow, must never become stagnant. Therefore, our ideas must never stagnate; we must always look for new ideas, for new creations, inspirations.”

“Often in our studies we talk about what we are trying to attain in Ikebana. In the beginning it is very important that we understand basic principles. Some people study these for years and years. Until they are almost automatic action, one must never leave this stage. However, achieving this, one must move into the ‘ha’ stage in which one takes away what one has learned. It means ‘to tear away from’—and one must start to create. Our goal is to attain the top—what is called the ‘ri’ stage where if 100 people arrange using the same material the viewer would be able to pick out ‘your’ arrangement. As in other art forms where one recognizes the artist by his

style, his use of colors, and his techniques, so too, in flower arranging. Often the second phase is the most dangerous stage for one becomes too confident, thinks he has learned everything, and stops.”

Six of the arrangements were placed on exhibit in the Art Gallery for a week, plus the large floral sculpture in the Rotunda of the Gallery. □



Miss Oka working on two of her arrangements.

Perennial Vegetables

by GEORGE JAMES

PERENNIAL VEGETABLES are those that live for several years and yield a crop of edible parts each year with no more than usual care. Three of the most important plants in this class are discussed in this article, and two of them—artichoke and rhubarb—have a value as an ornamental plant as well as a food producing plant and their needs are such that they will grow well when combined with many of our ornamental plants, given the same care.

The newly grown leaves of rhubarb and the sprouts of asparagus plants are harvested as the crop. At harvest time, usually in the spring, we should keep in mind that these succulent growths are being made by the plant from plant foods which were manufactured the previous season and stored in the plant until the spring cycle of growth has begun. If the plants are to grow, the harvesting must stop before the stored plant food is exhausted. The plants indicate to us when the plant food is about used up by having thinner stems on the rhubarb leaves and thinner asparagus spears. When these appear, the harvesting should stop.

The perennial plants we are discussing have a life expectancy of several years or more and for the strongest growth and best production, a well prepared soil is helpful. The physical properties and nutritional values of southern California soils can be improved by the addition of organic amendments, and as a rule, the poorer the soil, the greater the volume of amendment needed to bring about a noticeable change.

Many times the instructions for soil improvement call for the use of rotted manure which most of us do not have, so we substitute a packaged product. Sometimes this is not well-rotted and the decomposition may continue after it is mixed with the soil and water. Plant roots in the soil where this occurs can be damaged. This danger is

avoided if the packaged manure is mixed into the soil and wet three to four weeks before planting. Other organic amendments such as peat moss, commercially prepared wood product amendments, and compost, are all suitable for the purpose being discussed, and can be used just before planting without danger to the newly set plants.

The artichoke is considered evergreen in the southern California area, but will lose its foliage in colder climates. The foliage is a silver green color and the leaves are cut or serrated, and make a pleasant contrast with many ornamental foliages. The plants may grow as high as five feet and will spread nearly as far so should be spaced about four feet apart. In the coastal area, artichokes may be grown in either full sun or partial shade, but in hotter and brighter areas, they should have partial shade that protects them from the hottest and brightest sun. There is only one named variety of artichoke, Green Globe, but often seedling plants, which are not named, are offered for sale. One cannot be certain of the size or quality of the edible buds these will produce. Green Globe can only be reproduced by divisions—portions of the roots known as Green Globe plants, which are sold as dormant plants in the spring, or may be grown for later sale in pots or cans. Seedlings are usually sold in pots or cans.

Artichokes are planted in individual holes in which the soil has been improved with an organic amendment. The hole should be at least a foot and a half in both diameter and depth, and the plant would benefit if the hole were larger. Plant divisions are placed in the hole in a vertical position with the top bud just above the level of the soil. (There may be buds below this level which are to be covered.) Divisions which have been started in containers will have leaves started and they are planted so the soil in the container is level with the

top of the soil. In either case, the soil should be well-firmed around the plant and a dike built and filled with water so the soil is settled around the plant. Divisions are usually planted in the spring when the chances of rain are good and they only need to be watered when the soil starts to dry. Until growth starts the division can decay if it is kept too wet.

When growth is well started and the chance of rain has been reduced, regular irrigations will be needed. The irrigations should wet the soil in the original planting hole, and should be frequent enough so the plant never suffers for water. Artichokes wilt as the soil starts to become dry. Apply a commercial fertilizer every three or four weeks during the growing season, follow directions on the label for the amount to use, and apply the fertilizer while the soil is wet from an irrigation, then water again to carry the fertilizer into the soil. Prevent weeds by hoeing or pulling, and consider the use of an organic mulch which will reduce weed growth and save water. Aphids and worms are the most common insect pests, and these can be controlled by washing the plant with a strong stream of water, or by the use of a non-poisonous vegetable dust.

The artichoke plant develops a strong stem on the center which has a bud on the top and several branches on the sides, each of which may have one or more buds. The more vigorous a plant is, the greater number of buds, or the larger the buds, on the stem. Plants may develop a stem with buds the first year, and by the second year will bear a larger crop. The buds are usually produced during the winter and spring in our area, but there may be some later on in the year. The buds are cut for eating before the scales start to open, and are cut with about an inch of stem. When all of the buds on a stem have been cut, the stem will start to die, and should be cut off an inch or two above ground level. At this time, or soon after, several sprouts will develop which will grow into shoots which will bear the next crop of buds. Buds which are not cut for eating will develop into large, lavender-blue, thistle-like flowers which may be dried for use in arrangements.

Rhubarb can be grown as an ornamental plant or combined with the vegetables, and may be grown in a large container. The requirements for its growth

are easily met because it can be grown in full sun or part sun and shade, and if the soil in the garden is of a poor quality, it can be made suitable by the use of organic matter as has been described for artichokes. Irrigation should follow the same schedule as given for artichokes, except that rhubarb benefits from a period of rest or dormancy during the summer. This should occur after the harvest of the leaves has stopped, and can be made more effective by reducing the irrigations.

Commercial fertilizer, applied twice a year, will promote larger crops of leaves to harvest. The first application is made just after growth starts in the spring, and the next following the summer dormant period. Apply the fertilizer after an irrigation and water lightly after application.

Rhubarb, like the artichokes, can be started from dormant divisions in the spring, and from divisions growing in a container later in the year. There are also seedling plants available, which may not have as well colored, or as thick stems as the named varieties. The varieties most usually offered for sale are 'MacDonald', 'Valentine', 'Cherry', and 'Strawberry'. The writer knows of no references which can be relied upon to furnish information which would enable a selection to be made from these varieties.

The first leaves are harvested the spring after planting and leaves may be taken until the stems of the newly grown leaves are thinner, which indicates the stored food is being used up, and harvesting past this point can seriously damage the plant. Young, succulent leaves are harvested by pulling them sideways and away from the plant, which, if properly done, will remove the leaf at the point it is attached to the plant. Flower stalks, which are easily identifiable, should be removed when they appear by pulling or cutting them from the plant. If they are allowed to develop, they will wastefully use some of the plant foods.

Asparagus is less ornamental than the artichoke and rhubarb, and because of this, and the amount of growing space the plant requires, it is better planted in the less conspicuous part of the vegetable garden. It is slow to reach full production, but has a long productive life after it reaches maturity. The appearance of an asparagus bed differs with the season of the year. In the spring the bed is bare, except for the emerging spears;

during summer the spears have developed into ferny stems, often five to six feet tall; and by late fall, the ferny tops turn brown and are cut off, so the bed is again bare until the spears start to sprout.

Beds for asparagus should be located where they get sun the greatest part of the day, and where they can grow undisturbed for many years. Transplanting causes the loss of the crop for the year following. The soil should be prepared by digging in organic matter, as has been described. Plan to set the plants one foot apart in rows which are three feet apart. Asparagus is planted in the late winter or spring from one year old, dormant plants. The dormant plants are many fleshy roots which radiate from a crown area. The buds, which become spears or may be allowed to grow into ferny tops, originate from the crown. A separate hole is dug in the previously prepared bed for each plant, the hole being deep enough so the crown is about two inches below the surface of the soil. A cone of soil is formed in the hole, and the roots are spread out over this, which prevents the roots from being squeezed together when the soil is filled in around the plant. After filling, the hole should be well watered so the soil is sealed around the roots.

The start of growth is indicated by the appearance of spears, which are not cut the first year, but allowed to grow into ferny tops which will manufacture plant foods, some of which will be stored in the plant to start the growth the next spring. The second and following springs the spears may be cut until they become thin, indicating the stored plant food is nearly used up. From this time on each year, the spears must be allowed to grow into tops which will replenish the food supply. When growth is well started the first year, and when the cutting stops in succeeding years, an application of commercial fertilizer should be made, and any weeds that appear removed by pulling or by shallow hoeing. Hoeing deeply, cultivating, or making irrigation furrows can damage the crown or roots which are close to the surface. Irrigate with a sprinkler to soak the full width of the bed to the depth at which the soil was prepared.

Spears are harvested by cutting them below the surface of the soil, being careful not to damage the crown by cutting. The ferny tops are allowed

to remain on the plants until they turn brown, and they are then cut off at ground level. A mulch or organic material, two to three inches deep, can be spread over the bed after the tops have been cut off. Materials such as compost or rotted manure are beneficial, but materials which can form a crust, such as lawn clippings or leaves, should not be used. A crust can interfere with the growth of the spears and reduce the penetration of irrigation water.

The following information may be helpful to you when planning to plant these vegetables: An artichoke plant will provide from 24 to 48 edible buds per season; 24 asparagus plants are necessary to supply a family of two; it will take two or three rhubarb plants to supply the same family. The yields will be less than enough the first year, and it will be the third year before full production is achieved. If you want some of the yield for freezing or canning, the plantings could be doubled. □

Be careful with fire: There are babes in the woods.

And those baby animals and trees need a place where they can grow up strong and healthy. The forest is their home. When you come to visit, please don't burn it down.



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Seedtime Is Harvest For Landscaper

by *DICK GRUENDYKE*

Reprinted here with permission from a story published in the *Times-Advocate*.

FROM AN unobtrusive seedhouse and office set back from Elfin Forest Road, an innovative young man is finding new ways of restoring land damaged by urban sprawl.

Ronald Pecoff of Pecoff Brothers Seed and Nursery Company is wholly committed to a bold mission to restore, preserve and maintain our beaches, deserts and hills threatened by erosion, drought and man's misuse. But 33-year-old Pecoff is as dedicated to research and hard work as he is to his mission of giving a new direction to large scale landscaping.

For more than 10 years he has personally searched the world from Australia and New Zealand, through Europe, the Middle East and Africa and throughout southern California for new trees, shrubs and ground covers.

From his world-wide research, Pecoff has discovered plants for harsh, adverse conditions, ranging from dredged ocean soils, rocky slopes, chalky subsoils and granite cliffs to copper mine tailings and unsightly cuts and fills graded for subdivisions.

Today Pecoff is recognized as a horticultural authority on plants for these adverse conditions and is a consultant and seed supplier to government agencies, corporations and land developers.

Along the way he met two costly and wasteful hand labor problems, seed collecting and seed planting. He solved both by mechanization.

The seed collection task was mechanized by the self-propelled machine invented by his father, Phillip Pecoff, a former mining man. Like a huge vacuum cleaner, the machine sucks weeds through tubes into a rig where a comb-like bar cleans out leaves and twigs. Refined cleaning is done at the Elfin Forest storehouse where the seed is also graded and separated by weight and size.

The unique machine was first used in 1970 in Australia on a seed collecting trip and has

roamed the freeways and highways of California under an exclusive permit from the state.

Today Pecoff keeps similar machines stationed about the world to have them on hand for seed harvests.

To reduce the cost and effort of hand planting, Pecoff has his seedmixes applied by the hydro-seeding process, first used in 1929 on the Pennsylvania turnpike. In this hydraulic process, the seedmix is blended with cellulose wood fiber, fertilizer, a natural organic soil-stabilizing product Pecoff calls "biobinder" and water, and then planted by being shot at the soil with water pressure.

Hydroseeding is now a specialized business of several firms to which Pecoff furnishes seedmixes. Before he makes recommendations on a landscaping project, Pecoff first determines what landscape effect is desired by a client. It may be beautification, erosion control, long-lived shrubs and groups of trees, water holding capacity, low maintenance, fire retardance or a combination of these.

Pecoff also needs to know the size of the land to be planted, its soil structure and chemical analysis, its degree of slope and its climatic conditions, especially temperatures and rainfall. Since he is personally familiar with the characteristics of each and every plant he has tested and knows its tolerance of the conditions of his clients' project, Pecoff can recommend a specific blend of seeds.

Like a master chef arranging the ingredients of a complex recipe, Pecoff comes up with a seedmix designed for the graded slopes of a subdivision or a freeway, for desert or ocean sand dunes, a coastal cliff or land defaced by mining. One of his most unusual seedmixes was for the re-vegetating of the San Diego Wild Animal Park at San Pasqual.

For the 51-acre park project Pecoff went to Africa in 1972 and collected seeds of plants on

which the animals browse. Not only was the requirement unique but the seedmix was a blend of eight different plants hydraulically sprayed on solid and decomposed granite rock. Today, the park's slopes are covered with indigenous African growth up to 18 feet high.

In his seed storehouse Pecoff has nearly 300 species of plants that will grow under adverse conditions. Less than half are native to California. The others were discovered by Pecoff in his world-wide research. From a nine-month collecting trip to Australia, New Zealand and the Fiji Islands in 1963, he brought back 36 new species of plants for the landscaping and nursery trade. During the next 10 years he collected, tested and shipped back ground covers from the countries of the Southwest Pacific, including 21 new salt-tolerant, prostrate acacias. His current seed catalog lists 29 species of acacias, only one native to California. They range from ground covers and shrubs two feet tall at maturity to columnar and weeping trees 40 feet high.

From among the more than 200 species of eucalyptus, native to Australia and Tasmania, Pecoff has selected 54 that grow 10 to 130 feet tall and are adaptable to coastal flats and soils of saline, granite or volcanic composition.

In 1968, Pecoff received U.S. patents for his *Myoporum horshum*, a salt-tolerant ground cover, and for his *Acacia ongerup*, a salt-tolerant erosion control ground cover for beaches and deserts. The *Acacia ongerup*, first used that year on the San Diego and Garden Grove freeways, is now widely used along other freeways.

Other projects for which Pecoff prepared seedmixes were sand dune plantings in 1971 for the Arabian-American Oil Company in Saudi Arabia; drought and frost-resistant plantings for copper mine tailings in New Mexico, Arizona and Nevada in 1973; a sand dune restoration in the Spanish Sahara desert for Standard Oil Company.

In San Diego County and elsewhere in California, Pecoff designed and supplied special erosion control seedmixes, including fire resistant plant species for San Diego Gas & Electric Company and the U.S. Forest Service; furnished a salt tolerant ground cover for the Coronado bridge slopes, and as far back as 1968, planted Irvine industrial park with its first permanent erosion

control seed.

Another major project was the hydroseeding last summer of 50 acres at Perris Dam with a blend of seeds collected along Escondido Creek near Elfin Forest.

A project which Pecoff especially enjoyed was the landscaping for Skyloft, a Carlsbad subdivision by the Ramos-Jensen Company, developers of Vallecitos in San Marcos. The firm's president, Ronald Ramos, who is concerned with maintaining environmental harmony between the natural environment and his housing developments, had Pecoff come to the job site before any grading was done and pick seeds of indigenous plants. These seeds were mixed with some from rare plants, along with seeds of fire-retardant plants and then hydroseeded for an aesthetically pleasing effect.

The Skyloft project was a demonstration of Pecoff's theory on reconciling the differences between builders and strict "leave nature alone" environmentalists. "We must learn how to use land properly," he explained. "Don't restrict but work with developers."

One of Pecoff's aims is to develop a symbiotic relationship "between developer-contractors and slow growth or no growth advocates. A "symbiotic relationship," or symbiosis, is the "living together of two dissimilar organisms, especially when this association is mutually beneficial."

Pecoff's symbiotic program for mutual benefit would divide land usage into three separate but related functions. Gentle slopes and flat land he would leave for agricultural use although such land now is highly desired for construction because of lower development costs.

Marginal land, usually rocky and unsuitable for field crops and with six-to-one slopes, he would assign to commercial and industrial purposes.

"We must learn to use this marginal land properly because taxes on it are going up and up," Pecoff said.

Housing, the third land use function, would be placed on gentle slopes and all three would be integrally related and coordinated through landscaping.

Pecoff recalls he first became curious about plants when he was only seven years old. This childhood fascination matured through his teen years and the research instinct led to a degree in

horticulture and botany from California Polytechnic Institute. At Playa del Rey his family had a nursery that produced plants primarily for the homeowner trade. But Pecoff had a greater ambition and his passion for research on plants for adverse conditions caused him to re-examine old ways of plant selection and landscaping. In 1967, secure in knowledge gained from four years of collecting and testing plants he formed his own erosion-control seed company to

supply contractors with fast-germinating, deep rooted plants, mostly for government projects. In the same year, he designed, supplied and installed his first erosion-control seedmix of deep rooted shrubs, trees and ground covers for the city of Burbank.

His firm's business "just snowballed," especially after his father designed the seed collector and he developed his biobinder seedmixes for hydroseeding. □



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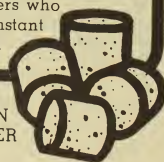
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Designing With Strelitzia

by ADRIENNE GREEN

ALMOST EVERY front or back yard garden in San Diego is enlivened by flowers which resemble flying birds. The *Strelitzia reginae* with orange, blue and white flowers, on long, strong stems bloom almost constantly.

With frequent feedings of a balanced fertilizer, clumps respond with abundant blossoms and healthy green foliage. What makes growing the Bird of Paradise so satisfying is that crowded clumps bloom best and dividing becomes almost unnecessary. However, to avoid flower spotting, it is best to avoid top watering.

The arrangement pictured here includes only two flowers, one leaf and a brown root which fits comfortably over the top of the lavender blue container.

Before arranging the birds were assisted in "giving birth" by reaching into the pockets and gently lifting the petals. A heavy needle holder fastened with floral clay holds the pair of flowers and the leaf securely in place.

To give the design third dimensional appearance and to show more than one view of the "bird", the stems are placed in slightly different attitudes—note now that the lower one looks up at the top blossom.

The angular linear silhouette of the flower is repeated by the wood and the almost triangular leaf. Contrast in texture and color is offered by the smoother container, the green leaf and the rough wood. The open spaces within the wood repeat the triangular feeling.

Low maintenance, high yield, aesthetic appeal plus great durability make *Strelitzia reginae* an excellent choice for the garden. □

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Habas

text and photos by BILL GUNTHER



ABOVE: HABAS BLOSSOMS ARE BEAUTIFUL IN SHAPE, IN PROPORTION, AND IN PATTERN OF THE MARKINGS. AND DO YOU KNOW OF ANY OTHER PLANT WITH BLACK & WHITE FLOWERS?

RIGHT: SOME OF THE LEAVES OF THIS STALK HAVE BEEN REMOVED TO BETTER SHOW THE FAT AND LUSCIOUS LOOKING PODS. THIS IS THE STAGE WHEN THEY ARE TENDER AND DELICIOUS, POD AND SEEDS, WITH SALT AND CHILI SAUCE.



THE LEAVES, the blossoms, and the pods do resemble those of a bean or a pea, but the botanists assure us that it is different and unique. Its formal name is *Vicia faba*, and it evolved in what now is southern Europe and Asia, while all really true beans are native Americans.

This plant is rather a rarity in California, but across the border, in Mexico, it is very popular, and there it is called "Habas". Understandably, then, the place to go to get seeds of habas, for planting in your own garden, is Tijuana. In every Mexican grocery store, the dried seeds of habas are sold in bulk, by the kilo. Usually they are stocked in an open bin, next to a bin of dried pinto beans. Mexican housewives use dried habas interchangeably with dried pinto beans, and even sometimes deliberately mix the two together.

In southern California gardens, habas should be planted in the fall, because they perform best during cool weather. Don't plant them in rows like common vegetables. Rather, treat them as the decorative plants which they are. Scatter them through your flower beds as if they were snapdragons or poppies. They grow harmoniously

amidst all the more ordinary garden flowers, and they actually benefit the other flowers because, like all legumes, they "fix" nitrogen into an available fertilizer which benefits the soil and all the neighboring plants.

The fact that it is good for other plants is only one of the good things about habas. Another is that in itself it is an attractive garden plant. Another is that it will save you money on your grocery bills — by providing you with all the green vegetables you need. Another is that in your garden habas will be something really different, and therefore a conversation piece. Everyone who sees it in your garden will say "What is that ?", which immediately gives you an opening and an opportunity to tell them all about your plants — which will serve them right; they asked for it !

Tell them everything noted above. Then, if they still are listening, tell your friends that in some localities habas are called "broad beans"; in others they are called "faba beans"; in still others "horse beans". And tell them that habas are much better eaten green than dried. Pick the pods while they still are small and tender, wash

them, strip off the stringy fiber from the seam of the pod, then cut them and cook and eat them pod and all, just like string beans. Also use them in soups, and in salads.

Then, if your friends still are with you after all that, you can tell them why habas ordinarily are not served in public restaurants. The reason, at least in part, is that some individuals within some racial groups (most notably among the Sephardic Jews) suffer from a hereditary enzyme weakness which has the very fancy medical name "glucose-6-phosphate dehydrogenase deficiency". To those who have that hereditary disease, eating habas causes bleeding of the liver. Understandably, public restaurants don't want to risk the spectacle of having any of their customers, with their meal unfinished and their check not yet paid, collapse to the floor with screaming convulsions and with hemorrhaging livers.

Yes, habas truly are a real conversation piece !

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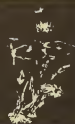
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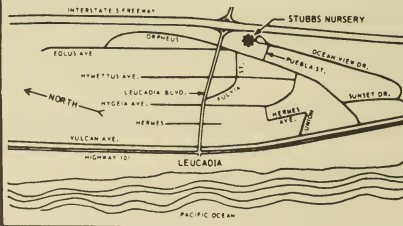
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BEGONIAS

- ✓ to check and groom plants during growing season. Take cuttings.
- ✓ to pot the rooted cuttings and leaves.
- ✓ to control for mildew—spot spray at the first signs of mildew.
- ✓ to feed tuberous plants with "Hi-Bloom" and fish emulsion—use one tablespoon to one gallon of water.

BONSAI

HERB MARKOWITZ

- ✓ to move some bonsai to shaded areas to protect from noonday sun and prevent drying out.
- ✓ to check dampness—water some plants frequently perhaps as often as two or three times a day for some varieties.
- ✓ to check trees for insects and pests; spray with diluted pesticides.
- ✓ to mist or spray foliage of certain bonsai in the evening or morning.

BROMELIADS

THELMA O'REILLY

- ✓ to maintain insect and snail control programs.
- ✓ to continue removal of offsets as they reach one-third size or more of the mother plant.
- ✓ to feed one-quarter strength fertilizer weekly.
- ✓ to be careful of sunburn on foliage.

CACTUS & SUCCULENTS

NIBBY KLINEFELTER

- ✓ to do regular watering and feeding—use a high potash, high phosphate food to stimulate root growth and blossoms.
- ✓ to inspect and guard against insects, snails and aphids.
- ✓ to check grafts, and try new ones—the warm weather promotes better union of graft stock.

CAMELLIAS

CAPT. BENJAMIN BERRY

- ✓ to continue regular watering program.
- ✓ to continue light pruning for good air circulation.

- ✓ to water deeply, but avoid soggy in heavy soils.
- ✓ to continue regular six to eight week feeding intervals.
- ✓ to feed iron every other month.
- ✓ to maintain a regular spray program for looper worms, aphids, and spider mites.

DAHLIAS

ABE JANZEN

- ✓ to continue regular watering program.
- ✓ to tie up canes to prevent breaking, using one loop for each cane.
- ✓ to de-bud to encourage better blooms.
- ✓ to spray for insects and mildew; keep snails and slugs away.
- ✓ to feed with 5-10-10; use of potash alone will help to promote root growth.

EPIPHYLLUMS

DON IRWIN

- ✓ to remove wilted blooms before "fruiting".
- ✓ to watch moisture as warm weather approaches; don't keep wet, but do mist and spray in the cool of the evening.
- ✓ to remove a minimum number of cuttings; shape your plants.
- ✓ to make cuttings from one year old or older blades if possible.
- ✓ to protect with shade in full summer sun.
- ✓ to feed each month for new growth.
- ✓ to start your choice new cuttings.

FERNS

RAY SODOMKA

- to spray for aphids and scale; keep snails, pill-bugs and slugs under control.
- to fertilize plants regularly as they are in their growing period—use a high-nitrogen fertilizer.
- to water and maintain humidity by keeping surrounding area damp.
- to trim dead fronds.
- to check to see that hot sun is not breaking through saran or lath.

FUCHSIAS

WILLIAM H. SELBY

- ✓ to use care in watering—remember fuchsias are semi-tropical plants and thrive on moisture in the air. Fog the foliage, but avoid water-logging the root system.
- ✓ to prune only to shape.
- ✓ to fertilize for bud and bloom—use low nitrogen fertilizer.
- ✓ to check for white fly, worms, or aphids.
- ✓ to select new varieties when in bloom.

GERANIUMS

PHIL BUSH

- ✓ to use one-half strength fertilizer once a month.
- ✓ to check for caterpillars and eradicate at first sight.
- ✓ to spray for worms and white fly—you can use a systemic.
- ✓ to start taking cuttings.
- ✓ to watch watering—don't overwater.

IRISES

ART DAY

- ✓ to transplant and divide tall-bearded iris. Trim fans to half length when replanting.
- ✓ to feed those left unplanted with a high-nitrogen fertilizer only this one time.
- ✓ to cut foliage of spurias—do not dig beardless iris until September and then only if crowded.
- ✓ to watch for aphids, and spray off or use a light insecticide.

ORCHIDS

LOIS DONAHUE

- ✓ to spray and mist on hot days.
- ✓ to continue watering heavily on cymbidiums.
- ✓ to begin high-nitrogen feeding for cymbidiums.
- ✓ to grow cymbidiums with a lot of early sunlight or they may fail to bloom next year.
- ✓ to continue snail baiting.
- ✓ to watch for red spider and scale.
- ✓ to check light intensity in glass houses.
- ✓ to keep cypripediums moist.
- ✓ to continue feeding cattaleyas—need plenty of food during their growth period.

ROSES

SUE & DICK STREEPER

- ✓ to water copiously—keep humidity as high as possible by keeping surface of soil moist and apply generous amounts of deep water.
- ✓ to syringe off plants with water to improve general health of plants.
- ✓ to cut out twiggy growth and prune to improve attractiveness of bush.
- ✓ to control spider mites—number one problem.

Spider mites can generally be controlled with daily hosing of the underside of the leaves. Or, use three applications of Kalthane over a two week period. Apply to underside of leaves and those close to the ground.

VEGETABLES

GEORGE JAMES

- ✓ to plant the following vegetables with reasonable expectations of a yield of satisfactory quality and quantity:
 - BEANS—of all kinds.
 - BEETS—soak seed before planting.
 - CARROTS—if soil is compact, use short or half-long varieties.
 - CELERY—start in seed bed to transplant to garden rows later on.
 - CHARD—for fall and winter harvest.
 - CORN, CUCUMBER, ENDIVE—more satisfactory in hot weather than lettuce.
 - KOHLRABI, LETTUCE—does better in partial shade during hot weather.
 - RADISHES, RUTABAGAS—for fall and winter harvest.
 - SUMMER SQUASH, TURNIPS
- Plant the following from started plants:
 - EGGPLANT, PEPPERS, TOMATOES—all of these will take full sun and as much heat as possible.

GREEN THUMB ITEMS

- ✓ to move birds-of-paradise if overgrown; move to a sunny location. They will need excellent drainage and acid soil. Plants enjoy regular feeding the year round.
- ✓ to dig and relocate daffodils—replant at once.
- ✓ to water chrysanthemums heavily once a week and feed regularly every two weeks until buds show color.
- ✓ to pinch chrysanthemums for the last time this year in August.
- ✓ to plant potted annuals available at your nurseries for fall color.
- ✓ to keep Bougainvilleas on the dry side should they not be coloring-up properly. Generous amounts of moisture produces lush growth, but little bloom.
- ✓ to not kill California native plants with kindness. Most natives prefer summer dryness.
- ✓ to keep after lawns. If water does not penetrate use one of the commercial products that helps break-up compaction, so that water and nutrition will get down to the root zone.
- ✓ to plant shade trees for climate control.

Make Your Own Terrarium

A terrarium is a miniature greenhouse that permits you to enjoy a bit of year-round gardening and decorative greenery in your home, school or office. Because a well-planned terrarium represents a mini-environment, it can be educational. It has the advantage of overcoming the hazards of drafts and low humidity so often found indoors, and it's easy to make.

Here is what you will need and the step-by-step procedure to follow:

Container: Use clear, glass container (not green or brown—they obscure the light) that can be sealed to ensure proper moisture for growing plants.

Gravel & Charcoal: Cover the bottom of the container with at least one inch of moist gravel in which you have mixed pieces of activated charcoal. The charcoal sweetens the soil and helps to purify it against harmful bacteria. You can get charcoal from your fireplace or at a pet supply shop. Don't use charcoal briquettes—they won't do the job.

Soil: For a woody plant use rich soil taken from where the plants are found. A household plant needs a soil mixture of equal parts of garden soil and sand. Or, you can use perlite instead of sand to loosen the soil. If you're planting cactus, you'll, of course, need a mostly sandy soil (and more sunlight).

You can create an interesting effect by making little hills and valleys in your miniature woodland.

Plants: You can use moss and lichens for ground cover or even gravel of different colors. Then add clover, ferns, native plants, wild flowers and ivy.

Water: Once the plants have been set in place and planted in the soil, sprinkle or spray them with tepid water and cover the terrarium with a piece of glass. For the first few weeks you'll have to watch the moisture level to make sure your miniature greenhouse has enough but not too much water. It wants a moist atmosphere, not a soggy one. Look for these tell-tale signs; a fine beading of moisture on the walls of the container indicates the right amount of water; a dense fog means too much, and you should remove the cover so some water can evaporate. No moisture in sight means not enough water.

Temperature: The woody terrarium will need to have a cool, room temperature. A house plant one will tolerate house temperatures between 60 and 70 degrees.

Light and Sun: Terrariums need to have bright light, but it is important to keep them in a location where they do not get direct sunlight.

Troubles: If white or brown spots appear on the plants, the molds indicate too much water. Remove plants that are affected, and allow the terrarium to dry out. Fogging of the terrarium container is another indication of too much water. Remove the cover, and allow some of the water to evaporate. Leaves that are wilted or shriveled indicate a need for more water.

MATERIALS NEEDED FOR TERRARIUMS

Flowering Plants

African Violets
Miniature Begonias
Gloxinia
Strawberry Begonia
Violets
Cape primrose
Oxalis
Callopis
Flame Violet

Ground Covers

Creeping Charlie
Baby Tears
Creeping Fig
Corsican mint
Jobs Tears

Little Treeforms

Parlor palms (bar bella)
Podocarpus
Artillery plant
Ardisia crenata
Pittosporum

Larger Leaf Plants

Prayer plant
Peperomias
Mosaic or nerve plant
Aluminum plant
Pilea "Moon Valley"
Ferns
Piggyback plant
Butter Fern
Walking Fern

Exotics

Sundew
Venus fly trap
Pitcher plant

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Pres: Mrs. Herbert Bissell-453-2963
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NUMBER 119, Fourth Wed., Casa del Prado
10:00 a.m.

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13818 Tam O'Shanter Ct. Poway 92064

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Second Wed., S.D. Federal, Rosecrans
and Canon, 10:00 a.m.
Pres: Mrs. O. M. Conoley-223-7769
758 Cordova Street, S.D. 92107

SAN CARLOS GARDEN CLUB

Fourth Tues., San Carlos Club, 6955
Golfcrest Drive
Pres: Mrs. Judy Roop-466-0994
4235 Cobalt Drive, La Mesa 92041

SAN DIEGO BONSAI SOCIETY, INC.

Second Sun., Casa del Prado, 1:50 p.m.
Pres: Dr. Herbert Markowitz-224-8552
876 Armada Terrace, S.D. 92106

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SAN DIEGO CACTUS & SUCCULENT

SOCIETY, 2nd Sat., Casa del Prado, 1:30 pm
Pres: Mr. Martin Mooney-427-6796
97 "K" Street, Chula Vista 92011

SAN DIEGO CAMELLIA SOCIETY

Third Wed., Casa del Prado, 7:30 p.m.
Pres: Capt. Ben H. Berry-435-2562
471 Country Club Lane, Coronado 92118

SAN DIEGO CHAPTER, CALIFORNIA

NATIVE PLANT SOCIETY, Fourth Wed.,
Casa del Prado, 7:30 p.m.
Pres: Mr. Fred Sproul-222-8938
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SAN DIEGO COUNTY DAHLIA SOCIETY

Fourth Tues., Casa del Prado, 7:30 p.m.
Pres: Mr. Abe Janzen-277-4473
3521 Belford Street, S.D. 92111

SAN DIEGO COUNTY ORCHID SOCIETY

First Tues., Casa del Prado, 7:30 p.m.
Pres: Mr. David Grimes-755-0798
13651 Nogales Drive, Del Mar 92014

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Pres: Frank Tioton-726-3853
765 Alta Vista Drive, Vista 92083

SAN DIEGO EPIPHYLLUM SOCIETY

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Pres: Mr. Donald Irwin-469-2469
4124 N. Rogers Rd., Spring Valley 92077

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Sec. Mon., Casa del Prado, 7:30 p.m.
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Pres: Mrs. Eugene Cooper-295-7938
4444 Arista Drive, S.D. 92103

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